

# CEC

COMMUNITY AND ENRICHMENT CENTER

WEEKLY NEWSLETTER

JUNE 25, 2021



## CHARRED CORN SALAD

Tasty charred corn salad with  
fresh tomatoes and basil.

## LIGHTNING SAFETY

Did you know lightning  
strikes the United States  
about 25 million times a year

## BEAT THE HEAT

Herbs that help beat the  
summer heat



# CHARRED CORN SALAD



## INGREDIENTS

- 12 ears of corn, husked
- 6 tablespoons olive oil, divided
- 1 cup thinly sliced red onion
- 2 large tomatoes, chopped
- 1 cup (loosely packed) fresh basil leaves, large leaves torn
- 1/3 cup (or more) fresh lime juice
- 2 tablespoons chopped fresh thyme
- Kosher salt, freshly ground pepper

## DIRECTIONS

Build a medium-hot fire in a charcoal grill, or heat a gas grill to high. Rub corn with 1 tablespoon oil. Grill, turning frequently, until corn is charred and heated through, 10-12 minutes. Remove from grill; when cool enough to handle, cut kernels from cobs and transfer to a large bowl. DO AHEAD: Corn can be made 1 hour ahead. Let stand at room temperature.

Place onion in a strainer and rinse with cold water to mellow its flavor. Drain well. Mix onion, remaining 5 tablespoons oil, tomatoes, basil, 1/3 cup lime juice, and thyme into corn. Season to taste with salt, pepper, and more lime juice, if desired. DO AHEAD: Salad can be assembled 1 hour ahead. Let stand at room temperature.



# GET INDOORS WHEN THUNDER ROARS!

STOP all outdoor activities and stay inside your home until the thunderstorm stops.

Lightning strikes the United States about 25 million times a year. Although most lightning occurs in the summer, people can be struck at any time of year. Lightning kills 20 or more people in the United States each year, and hundreds more are severely injured.

DID YOU KNOW LIGHTNING IS HOTTER THAN THE SURFACE OF THE SUN AND CAN REACH TEMPERATURES AROUND 50,000 DEGREES FAHRENHEIT?

SOURCE:

[WWW.WEATHER.GOV/SAFETY/LIGHTNING](http://WWW.WEATHER.GOV/SAFETY/LIGHTNING)



# Herbs That Help Beat The Summer Heat

As summer comes around again, many of us are looking for ways to keep cool while enjoying the sun. A sweltering day may have us longing for ice cream and cold drinks, but these treats provide only temporary relief.

Herbal traditions classify herbs as either heating, cooling, or neutral. So, if the heat's got you down, focus on herbs that are known for their cooling properties.

According to Benjamin Zappin, LAc, herbalist, and co-founder of Five Flavors Herbs, cooling herbs may fall into one or both of the following categories: refrigerants and diaphoretics.

Refrigerants work by lowering your body's temperature and cooling its tissues. They include:

- lemongrass
- chrysanthemum
- lemon balm
- lavender
- spearmint
- peppermint
- chamomile

Diaphoretics encourage perspiration, or sweating.

They include:

- peppermint
- lemon balm
- catnip
- elderflower
- chamomile

It may feel counterintuitive to use an herb that encourages sweating. But Zappin notes that many cultures in hot climates throughout the world use chili products to work up a sweat, since sweating is basically your body's version of air conditioning.

According to classical Ayurvedic physician and director of Shubham Ayurveda Clinic, Yashashree (Yash) Mannur, BAMS, Ayurveda classifies foods and herbs according to six "tastes." These are:

- sweet
- sour
- salty
- bitter
- astringent
- pungent

Similarly, traditional Chinese medicine (TCM) classifies five tastes for foods and herbs. They are:

- sweet
- sour
- salty
- acrid
- bitter

The tastes of an herb or food determine what kind of action they'll have in your body. According to Mannur, sweet, bitter, and astringent tastes all have cooling actions.

Herbal traditions say heat goes deeper than just the weather. According to Zappin, external expressions of heat can be physical as well as mental or emotional.

They may include:

- pain
- redness
- swelling
- agitation
- aggression
- anger
- recklessness
- racing thoughts
- worry

Cooling Herbs Include:

- **Coriander (cilantro)**
- **Mint**
- Rose
- Lavender
- Dill
- Chamomile
- Lemon Verbena
- Chickweed
- Cardamom
- Elderberry
- Hibiscus
- Lemongrass
- Goldenseal
- Oregon grape
- Catnip
- Aloe

For more information on the benefits of these herbs and how to use them, please visit [www.healthline.com](http://www.healthline.com)

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# What's Happening?



## MEET AND EAT

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038

## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)



## HAVE IDEAS?

Are you interested in learning a new skill?  
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



# MEET AND EAT JUNE 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com  
Office 970-848-2277

## JUNE 2021 YUMA MEAL SITE

**FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For Reservations</b> Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p><b>If you must cancel your meal,</b> please do so by 8:00 a.m. the day of the meal.</p>	<p>BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES</p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 622 Carb: 93.1g Fiber: 13.1g Protein: 36.4g Fat: 15.6g Sod: 800mg</p>	<p>SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES BUTTERSCOTCH BROWNIE</p> <p><b>SENIOR MEETING</b></p> <p>Calories: 778 Carb: 106.2g Fiber: 9.9g Protein: 31.5g Fat: 27.8g Sod: 546mg</p>	<p><i>It's SUMMER Time</i></p>	<p><b>CHOICE: CHICKEN SALAD</b> TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES / BANANAS CHERRY CAKE</p> <p>Calories: 603 Carb: 89.2g Fiber: 9.5g Protein: 29.9g Fat: 16.9g Sod: 905mg</p>
<p><b>Suggested Donation - \$4.00</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$11.00</b></p>	<p>CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE</p> <p>Calories: 736 Carb: 109.3g Fiber: 12.1g Protein: 31.0g Fat: 23.4g Sod: 418mg</p>	<p>BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE</p> <p>Calories: 717 Carb: 113.5g Fiber: 12.6g Protein: 35.8g Fat: 17.3g Sod: 929mg</p>		<p><b>SWEET and SOUR CHICKEN</b> RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 643 Carb: 99.0g Fiber: 9.9g Protein: 35.1g Fat: 12.4g Sod: 489mg</p>
<p><b>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</b></p>	<p>HAM POTATO OMELET COUNTRY MIX VEGETABLES ROLL FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 754 Carb: 95.9g Fiber: 9.6g Protein: 32.9g Fat: 29.1g Sod: 811mg</p>	<p><b>CHOICE: CHICKEN PENNE CASSEROLE</b> TUNA PENNE CASSEROLE CALIFORNIA VEGETABLES BRAN MUFFIN FRUIT SALAD CINNAMON CRISPIES</p> <p><b>BLOOD PRESSURE</b></p> <p>Calories: 659 Carb: 102.6g Fiber: 12.4g Protein: 32.1g Fat: 17.4g Sod: 665mg</p>		<p>SWEDISH MEATBALLS NOODLES FRITO SALAD ROLL MANDARIN ORANGES w/ BANANAS</p> <p>Calories: 789 Carb: 110.7g Fiber: 10.5g Protein: 38.8g Fat: 24.0g Sod: 554mg</p>
	<p><b>CHOICE: HAMBURGER STEAK</b> LIVER &amp; ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE</p> <p>Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg</p>	<p>ROAST BEEF MASHED POTATOES &amp; GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS</p> <p>Calories: 687 Carb: 86.8g Fiber: 10.0g Protein: 37.3g Fat: 23.0g Sod: 961mg</p>		<p><b>SPRING GARDEN CHICKEN</b> GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE</p> <p>Calories: 645 Carb: 76.1g Fiber: 9.5g Protein: 40.0g Fat: 20.8g Sod: 906mg</p>
<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p>CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS PEACH SLICES OATMEAL BANANA RAISIN COOKIE</p> <p>Calories: 706 Carb: 100.2g Fiber: 10.4g Protein: 39.2g Fat: 19.6g Sod: 599mg</p>	<p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANNA SPLIT FRUIT CUP</p> <p>Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg</p>		



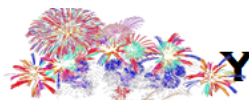
# MEET AND EAT JULY 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:




Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com  
Office 970-848-2277



## JULY 2021 YUMA MEET & EAT

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For Reservations</b> Call 848-2038 by 8:00 a.m. the day you want the meal.</p> <p><b>If you must cancel your meal,</b> please do so by 8:00 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p>	<p><b>Suggested Donation - \$4.00</b></p> <p><b>Under Age 60</b> <b>Mandatory Charge - \$12.50</b></p>	<p><b>1</b></p>	<p><b>2</b></p> <p>BEEF GOULASH PARSLIED CARROTS ANNA'S DILLY BREAD STRAWBERRIES &amp; BANANAS</p> <p>Calories: 605 Carb: 82.6g Fiber: 13.7 Protein: 36.7g Fat: 17.3g Sod: 885mg</p>
<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b></p>	<p><b>9</b></p>
 <p><b>HAPPY JULY 4th!</b></p>	<p>CHICKEN SALAD W/ GREEN GRAPES MARINATED VEGGIE SALAD WW ROLL PEAR ORANGE FRUIT CUP CARROT CAKE</p> <p><b>BIRTHDAY RECOGNITION</b></p> <p>Calories: 709 Carb: 95.6g Fiber: 10.6g Protein: 34.3g Fat: 23.8g Sod: 931mg</p>	<p>SMOTHERED PORK CHOP SCALLOPED POTATOES BRUSSEL SPROUTS CARAWAY ROLL APRICOT HALVES</p> <p><b>SENIOR MEETING</b></p> <p>Calories: 702 Carb: 84.2g Fiber: 10.5g Protein: 41.8g Fat: 23.9g Sod: 641mg</p>	<p>CORN TACO CASSEROLE SALSA REFRIED BEANS TOSSED SALAD W/ DRESSING CANTALOUPE CUBES</p> <p>Calories: 605g Carb: 74.8g Fiber: 10.8g Protein: 34.8g Fat: 19.8g Sod: 762mg</p>	<p>SALISBURY STEAK MASHED POTATOES CONFETTI COLESLAW PEAS ROLL FRUIT SALAD</p> <p>Calories: 782 Carb: 98.9g Fiber: 12.9g Protein: 46.1g Fat: 24.5g Sod: 903mg</p>
<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p>
<p>SWEET &amp; SOUR CHICKEN BROWN RICE ORIENTAL VEGETABLES WW ROLL MANDARIN ORANGES w/ BANANAS OATMEAL NUT COOKIES</p> <p>Calories: 768 Carb: 115.1g Fiber: 10.0g Protein: 36.5g Fat: 19.5g Sod: 612mg</p>	<p>SCALLOPED POTATOES &amp; HAM BROCCOLI RAISIN ROLL PINEAPPLE TIDBITS OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 744 Carb: 105.2g Fiber: 10.1g Protein: 33.0g Fat: 24.1g Sod: 955mg</p>	<p>BBQ CHICKEN ROTINI PASTA SALAD STIR FRY VEGETABLES BRAN MUFFIN PEACH SLICES</p> <p>Calories: 705 Carb: 84.6g Fiber: 12.0g Protein: 43.3g Fat: 23.3g Sod: 877mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b> BAKED FISH BAKED POTATO MIXED VEGETABLES ROLL CHERRY BANANA SURPRISE</p> <p>Calories: 609 Carb: 100.9g Fiber: 10.0g Protein: 30.1g Fat: 12.6g Sod: 688mg</p>	<p>LASAGNA TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD FRUIT CUP</p> <p>Calories: 643 Carb: 86.79g Fiber: 10.59g Protein: 33.6g Fat: 20.8g Sod: 591mg</p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
<p>TERIYAKI BEEF BROWN RICE SPINACH MANDARIN ORANGE SALAD ROLL PEAR SLICES</p> <p><b>OTIS POTLUCK</b></p> <p>Calories: 633 Carb: 106.7g Fiber: 9.6g Protein: 28.3g Fat: 12.3g Sod: 443mg</p>	<p>BRAISED BEEF MASHED POTATOES FRITO SALAD HARVARD BEETS ROLL MELON CUP CINNAMON CRISPIES</p> <p>Calories: 723 Carb: 101.2g Fiber: 10.3g Protein: 31.9g Fat: 23.3g Sod: 995mg</p>	<p>BACON POTATO BREAKFAST BURRITO GREEN CHILI W/ PORK SPANISH RICE TOSSED GREEN SALAD W/ DRESSING FRESH FRUIT CUP APPLE GRANOLA COOKIE</p> <p><b>BLOOD PRESSURE</b></p> <p>Calories: 798 Carb: 95.6g Fiber: 9.1g Protein: 28.7g Fat: 35.0g Sod: 778mg</p>	<p>HAM &amp; BEANS WALDORF SALAD CORN BREAD MANDARIN ORANGES W/ BANANAS</p> <p>Calories: 659 Carb: 112.4g Fiber: 13.6g Protein: 28.6g Fat: 13.4g Sod: 908mg</p>	<p><b>CHOICE: HAMBURGER STEAK</b> CITRUS PEPPER SALMON FILET PARSLIED POTATOES COUNTRY MIXED VEGETABLES BRAN MUFFINS CANTALOUPE CUBES COOKIES W/ RAISINS</p> <p>Calories: 670 Carb: 95.0g Fiber: 10.7g Protein: 31.4g Fat: 21.3g Sod: 903mg</p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p>
<p>SPANISH RICE w/ GROUND BEEF PEAS WW ROLL PEACH SLICES OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 677 Carb: 100.8g Fiber: 13.9g Protein: 34.8g Fat: 17.4g Sod: 549mg</p>	<p>HOT TURKEY SANDWICH CABBAGE TOSS GREEN BEANS OATMEAL ROLLS BANANA SPLIT FRUIT CUP</p> <p>Calories: 646 Carb: 100.9g Fiber: 10.7g Protein: 30.5g Fat: 15.9g Sod: 1066mg</p>	<p>PORCUPINE MEATBALLS SCALLOPED POTATOES PEAS &amp; CARROTS ANNA'S DILLY BREAD FRUIT COCKTAIL</p> <p>Calories: 622 Carb: 94.1g Fiber: 10.8g Protein: 36.0g Fat: 14.2g Sod: 594mg</p>	<p>CHICKEN &amp; SPINACH LASAGNA TOSSAD SALAD W/ DRESSING GREEN BEANS GARLIC BREAD FRESH FRUIT CUP</p> <p>Calories: 682 Carb: 80.6g Fiber: 9.4g Protein: 48.8g Fat: 20.8g Sod: 787mg</p>	<p><b>CHOICE: CHICKEN CROISSANT</b> TUNA CROISSANT POTATO SOUP SUPREME W/ CRACKERS BEAN MEDLEY SALAD TROPICAL FRUIT CUP</p> <p>Calories: 807 Carb: 114.9g Fiber: 10.2g Protein: 37.4g Fat: 23.4g Sod: 944mg</p>